

MEATY PIZZA MUFFINS

Just like having a delicious slice of pizza that is portable for school or the office, these Meaty Pizza Muffins fit perfectly into your grain-free lifestyle.

Servings: 8

Ingredients:

- 1 lb. Italian sausage or ground beef*
- 1 small onion, diced (optional)
- 1 cup Wheat-Free Market Pizza Crust Mix
- ¼ teaspoon salt
- 2 tablespoons grated parmesan cheese
- ¼ cup melted butter
- 2 tablespoons water
- 2 eggs
- 1 cup shredded mozzarella cheese
- Extra mozzarella for topping
- Pepperoni
- Favorite low-carb marinara sauce



Directions:

In a large skillet, cook Italian sausage and diced onion until sausage is done. Drain well and allow to cool.

Preheat oven to 350 degrees F. Oil the insides of a muffin tin and set aside.

In a medium bowl, blend pizza mix, salt, parmesan, butter, water and eggs. Then stir in cheese and cooked sausage. Using an ice-cream scoop (1/4 cup measurement), scoop pizza batter into prepared pan. Top with extra cheese and pepperoni slice.

Bake for 20 minutes. Allow to cool 5-10 minutes (to allow cheese to harden a bit) before removing from pan.

Serve with favorite marinara sauce.*If using ground beef, add 1 tablespoon of Italian Seasonings and 1 teaspoon of salt to drained meat.

My Notes